#### **BEAR RIVER AREA AGENCY ON AGING**

# **SENIOR RESOURCE GUIDE**

### **ADULT DAY CARE**

### **Serving Box Elder County**

Country Lane Acquisition Bldg. #2

985 South 800 West Brigham City UT 84302 Phone: (435) 723-1394

### **ASSISTED LIVING FACILITIES**

### **Serving Box Elder County**

**Beehive Homes of Perry** 

126 West 1550 South Perry UT 84302 Phone: (435) 723-7124 www.beehivehomes.com

**Country Lane Acquisition Bldg. #1** 

971 South 800 West Brigham City UT 84302 Phone: (435) 723-0683

**Country Lane Acquisition Bldg. #2** 

985 South 800 West Brigham City UT 84302 Phone: (435) 723-1394

**Maple Springs** 

1040 South Medical Drive Brigham City UT 84302 Phone: (435) 723-9100

**Our House Assisted Living** 

429 North 400 West Tremonton UT 84337 Phone: (435) 257-5658

#### ASSISTED LIVING FACILITIES CONTINUED...

### Serving Cache County

Beehive Homes Phone: (435) 787-1484

352 South 500 West Logan UT 84321

Cache Valley Assisted LivingPhone:(435) 792-4770233 North Mainwww.cachevalleyalf.com

Providence UT 84332

Caring Hearts of Cache Valley Phone: (435) 258-8828

455 East 2500 North www.caringheartssenior care.com North Logan, UT 84341

**Legacy House of Logan**330 East 1400 North

Phone:(435) 755-2877

www.legacyretire.com

Logan UT 84341

Sunrise Park Senior Apartments Phone: (435) 258-2102

53 S. Main St. www.sunrisepark.org Lewiston, UT 84320

Terrace Grove Assisted Living Phone:(435) 787-2855

345 North 200 West www.sunshineterrace.com Logan UT 84321

The Family Place Senior Center Phone: (435) 258-5102

55 South Main Street www.ncseniorcenter.com Lewiston UT 84320

Williamsburg Retirement Community Phone: (435) 753-5502

132 West 300 North williamsburgretirement.com
Logan UT 84321

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#### ASSISTED LIVING FACILITIES CONTINUED...

### **Serving Rich County**

Bear Lake Manor 855 Boise Street Montpelier ID 83254 Phone:(208) 847-2400 www.bearlakemanor.com

**Beehive Homes** 

1949 West Unita Street Evanston WY 82930 Phone:(307) 444-4483

### **BEAUTY SALONS IN HOME APPOINTMENTS**

### **Serving Box Elder County**

**Attitudes** Phone:(435) 723-2900

31 East 600 South Brigham City UT 84302

**Dollar Cuts**Phone:(435) 723-8045
Skyline Drive

www.dollarcuts.com

Brigham City UT 84302

**Trendy Ends** Phone:(435) 723-5975

20 South Main

Brigham City UT 84302

**Nola's Salon** Phone:(435) 723-3341

441 North Main

Brigham City UT 84302

Possibilities Phone:(435) 257-0340

117 East Main

Tremonton UT 84337

**The Hairshop** Phone:(435) 257-3227

111 West 100 South Tremonton UT 84337

### **BEAUTY SALONS – IN HOME APPOINTMENTS CONTINUED...**

### **Serving Cache County**

**Mobile Salon** Phone:(435) 757-9589

Mobile Salon Phone: (435) 512-8697

Kelsey McCulloch

### **Serving Rich County**

Kayleen Argyle Phone:(435) 793-5435

90 East Field Street Randolph UT 84064

#### **COMMUNITY HEALTH CLINICS**

### **Serving Box Elder County**

Community Health Center Phone: (435) 723-8276

14 North 100 East Suite 200 Brigham City UT 84302

Medical and dental health care available.

#### **Serving Cache County**

Cache Valley Community Health Clinic Phone: (435) 752-7060

272 1/2 North Main Logan UT 84321

Health care for residents of Cache Valley who do not have insurance. Open Tuesdays and Thursdays 6:00 pm until the last client.

#### **COMMUNITY HEALTH CLINICS CONTINUED...**

**Cache Valley Dental Clinic** 

272 1/2 North Main Logan UT 84321 Phone: (435) 752-7060

Free dental services on 2nd and 4th Tuesdays of each month. Walk-ins only. Must arrive at 6:00 p.m. First come, first served basis.

**IHC InstaCare of Logan** 

412 North 200 East Logan UT 84321 Phone: (435) 713-2710 intermountainhealthcare.org

**Cache Valley Community Health Center** 

1515 North 400 East, Suite 104 North Logan UT 84341 Phone: (435) 755-6061

Uninsured individuals using a sliding fee scale. Medical, dental and mental health care available. Mon – Fri 9:00 am - 6:30pm, Sat 9:00 am - 3:00 pm

Cache Valley Community Health Center South

26 West Main Street, Suite 3A Hyrum UT 84339 Phone: (435) 245-6988

Mon - Thurs 9:00 am to 6:00 pm, Friday 9:00 am to 1:00 pm

### **Serving Rich County**

**Bear Lake Community Health Center** 

325 West Logan Highway Garden City UT 84028 Phone: (435) 946-3660

Mon - Fri 9:00 am to 6:00 pm, Saturday Summer hours, 9:00 am to 3:00 pm

**Evanston Community Health Center** 

75 Yellow Creek Road, Suite 102 Evanston, WY 82930-5012

Phone: (307) 789-8290

Mon, Tues, Fri 8:00 am to 6:00 pm, Wed - 8:00 to 6:00, Thurs 8:00 am to 6:00 pm

#### **COMMUNITY SERVICES**

### Serving Box Elder, Cache, & Rich

**AARP Utah** 6975 Union Park Center, Suite 320

Midvale UT 84047

Phone: (866) 448-3616 www.aarp.org/states/ut

**Bear River Association of Governments** 

170 North Main

Logan UT 84321

Phone: (435) 752-7242 Toll Free:1-877-772-7242

www.brag.utah.gov

**Bear River Association on Governments** 

2535 South Highway 89

**Perry UT 84302** 

Phone: (435)723-1111

Programs: Weatherization, HEAT, HUD Housing Authority, Aging Services, Northern Utah Alzheimer's Association, Community and Economic Development, Human Services.

**Utah Division of Aging & Adult Services** 

195 North 1950 West Salt Lake City UT 84116 Phone:(801) 538-3910 www.hsdaas.utah.gov

Do Not Call Registry Phone: (888) 382-1222

TTY: (866)290-4236 www.donotcall.gov

Elder Care Locator Phone: (800) 677-1116

www.eldercare.gov

Nationwide directory assistance designed to help individuals locate local resources for seniors.

**Options for Independence** 

106 East 1120 North Logan UT 84341 Phone: (435) 753-5353 Toll Free: 1(800)753-2344

www.optionsind.org

#### **COMMUNITY SERVICES CONTINUED...**

**Options for Independence** 

1080 North Main Suite, 105 A Brigham City UT 84302 Phone: (435)723-2171

Help for disabled individuals with securing medical equipment, support services, training for independent living skills, hearing and vision resources.

## **Serving Box Elder County**

**Box Elder County - 4H Extension Office** 

195 West 1100 South Brigham City UT 84302 Phone: (435) 734-9945 www.extension.usu.edu

Northwestern Band of the Shoshone Nation

707 North Main Street Brigham City UT 84302 Phone: (435) 734-2286

**Red Cross of Northern Utah** 

2955 Harrison Boulevard Suite 204 Ogden UT 84403 Phone: (801) 627-0000 www.redcrossutah.org

### **Serving Cache County**

**Cache County Extension** 

179 North Main Street, Room 111 Logan UT 84321

Phone:(435) 752-6263 extension.usu.edu/cache

**English Language Center** 

1544 North 200 West Logan UT 84341 Phone: (435) 750-6534

www.elc-cv.com

English language and U.S. citizenship classes taught.

**Multicultural Center of Cache Valley** 

290 North 400 East Logan UT 84321 Phone:(435) 753-8486 www.mccutah.org

#### **COMMUNITY SERVICES CONTINUED...**

**Red Cross of Cache County** 

130 South Main Street, Suite 120

Logan UT 84321

Phone: (435) 752-1125 cachecounty.redcross.org

**USU Family Life Center** 

493 North 700 East Logan UT 84322

Housing and financial counseling available.

Phone:(435) 797-7224 www.flchfc.usu.edu

#### **CONSUMER PROTECTION**

### Serving Box Elder, Cache, & Rich

**Adult Protective Services** 

195 North 1950 West

Salt Lake City UT 84116

**Better Business Bureau of Utah** 

5673 South Redwood Road #22

Salt Lake City UT 84123

Phone:(877) 424-4640 Toll Free: 800-371-7897

www.hsdaas.gov

Phone: (801) 892-6009

Toll Free: 1(800)456-3907

www.utah.bbb.org

**Health Insight** 

756 E. Winchester St. Ste 200

Salt Lake City UT 84107

Phone: (801) 892-0155 www.healthinsight.org

Consumer advocacy for Medicare recipients. For quality of care and premature discharge issues call 1-800-748-6773.

Long Term Care/Ombudsman

170 North Main Logan UT 84321 Phone:(435) 752-7242 www.brag.utah.gov

Investigates complaints regarding residents of nursing homes and assisted living homes.

#### CONSUMER PROTECTION CONTINUED...

**Senior Medicare Patrol (SMP)** 

195 North 1950 West Salt Lake City UT 84116 Phone: (877) 824-6598 www.smpresource.org

Assists beneficiaries in resolving Medicare and Medicaid abuse or concerns.

**Telemarketing Fraud** 

(Federal Trade Commission) 600 Pennsylvania Ave, NW Washington, DC, 20580 Phone:(202) 326-2222

www.ftc.gov

**Utah Division of Consumer Protection** 

160 East 300 South Salt Lake City UT 84111 Phone:(801) 530-6601 Toll Free: 1(800)721-7233 www.consumerprotection.utah.gov

**Utah Insurance Department** 

3110 State Office Bldg. Salt Lake City UT 84111 Phone:(801) 538-3800 Toll Free: 1(800)439-3805 www.insurance.utah.gov

### **Serving Box Elder County**

**New Hope Crisis Center** 

435 East 700 South Brigham City UT 84302 Phone: (435) 723-5600

www.ycub.org

Assist with counseling, protective orders / criminal justice advocate. 24 hour help

### **Serving Cache County**

**CAPSA** 

P.O. Box 3617 Logan UT 84323 Phone: (435) 753-2500

www.capsa.org

Crisis intervention, case management, shelter services and assist with protective orders. 24 hour hot line: (435) 753-2500.

#### **COUNSELING SERVICES**

### Serving Box Elder, Cache, & Rich

**LDS Family Services** 

175 West 1400 North, Suite A

Logan UT 84341

Phone: (435) 752-5302 www.providentliving.org

**National Alliance for the Mentally III (NAMI)** 

450 South 900 East, Suite 160

Salt Lake City UT 84102

Phone: (801) 323-9900

www.nami.org/

### Serving Box Elder County

**Bear River Health Dept. Substance Abuse** 

800 West 992 South

Brigham City UT 84302

Crisis Number: (435)730-2793

Phone: (435) 695-2076

www.brhd.org

**Bear River Mental Health** 

663 West 950 South Brigham City UT 84302

Crisis Number: (435) 452-8612

Phone: (435) 734-9449 Toll Free:1(800)620-9949

www.brmh.com

**Bear River Mental Health** 

18 North 200 East, Suite 401 & 402

Tremonton UT 84337

Crisis Number: (435) 452-8612

Phone: (435) 257-2168 Toll Free: 1(800)620-9949

www.brmh.com

**Brigham City House** 

625 South 300 East Brigham City UT 84302 Phone: (435) 723-3176

www.brmh.com

#### COUNSELING SERVICES CONTINUED...

### **Serving Cache County**

**Bear River Health Dept. Substance Abuse** 

655 East 1300 North Logan UT 84321

Crisis Number: (435) 881-0358

Phone: (435) 792-6420

www.brhd.org

**Bear River House** 

78 West 1000 North Logan UT 84341 Phone: (435) 753-2080

www.brhd.org

**Bear River Mental Health** 

90 East 200 North Logan UT 84321

Crisis Number: (435) 752-0750

Phone: (435) 752-0750 Toll Free:1(800)620-9949

www.brmh.com

**Family Institute of Northern Utah** 

965 South 100 West, Suite 203 Logan UT 84341 Phone: (435) 752-1976

**Logan National Alliance for the Mentally III** 

P.O. Box 3506 Logan UT 84323 Phone: (435) 787-4165

www.nami.org

**Mount Logan Clinic** 

246 East 1260 North Logan UT 84341 Phone: (435) 750-6300

**Summit Counseling Services** 

2072 North Main St. North Logan UT 84341 Phone:(435) 752-4646

**USU Marriage and Family Therapy Clinic** 

493 North 700 East Logan UT 84321 Phone: (435) 797-7430

www.usu.edu/mft

#### COUNSELING SERVICES CONTINUED...

**USU Psychology Community Clinic** 

Utah State University, Education Building #413 Logan UT 84322

Phone: (435) 797-3401

www.usu.edu

**Serving Rich County** 

**Bear River Health Dept. Substance Abuse** Phone: (435) 793-2445

www.brhd.org 275 North Main Randolph UT 84064

Crisis Number: (435) 881-0358

**Bear River Mental Health** Phone: (800) 620-9949

www.brhd.org 275 North Main Randolph UT 84064

**DRIVING** 

Serving Box Elder, Cache, & Rich

**Utah Department of Public Safety** Phone: (801) 965-4461 4501 South 2700 West publicsafety.utah.gov

Salt Lake City UT 84114

**Serving Box Elder County** 

**Box Elder Motor Vehicles Office** Phone: (435) 734-3392

1 South Main Street, Room 26 dmv.utah.gov

Brigham City UT 84302

**Brigham City Driver's License Division** Phone: (435) 723-5870

285 West 1100 South dmv.utah.gov

Brigham City UT 84302

### **DRIVING CONTINUED...**

### **Serving Cache County**

**Department of Motor Vehicles Office** 

179 North Main Street Logan UT 84321 Phone: (435) 755-1610 www.dmv.utah.gov

Logan Driver's License Office

110 East 700 South Logan UT 84321 Phone:(435) 752-0332 www.driverlicense.utah.gov

**Serving Rich County** 

Logan Driver's License Office

110 East 700 South Logan UT 84321 Phone: (435) 752-0332 www.driverlicense.utah.gov

**Rich County Motor Vehicle Office** 

20 South Main Street Randolph UT 84064 Phone: (435) 793-5215 www.dmv.utah.gov

## **EDUCATION OPPORTUNITIES**

### Serving Box Elder, Cache, & Rich

Neighborhood Non-Profit Housing

195 Golf Course Road Logan UT 84321 Phone: (435) 753-1112

www.nnhc.net

Mortgage/Lending Counseling.

#### **Serving Box Elder County**

**AARP Safe Driving Course** 24 North 300 West

Brigham City UT 84302

Phone: (435) 723-3303

www.aarp.org

#### **EDUCATION OPPORTUNITIES CONTINUED...**

**Box Elder County - 4H Extension Office** 

1 South Main

Brigham City UT 84302

Phone: (435) 695-2542 www.extension.usu.edu

**Box Elder County Literacy Program** 

Brigham City Library, 26 East Forest

Brigham City UT 84302

Phone:(435) 723-5850 www.bcpl.lib.ut.us

**Bridgerland Applied Technology College** 

325 West 1100 South Brigham City UT 84302 Phone: (435) 734-0614 www.batc.edu

**Dale Young Community School** 

230 West 200 South Brigham City UT 84302 Phone:(435) 734-4834 www.besd.net

www.besu.net

**H2U Program at Brigham City Hospital** 

950 South Medical Drive Brigham City UT 84302 Phone: (435) 734-4358

www.h2u.com

Northwestern Band of the Shoshone Nation

707 North Main Street Brigham City UT 84302 Phone:(435) 734-2286 Toll Free:(800)310-8241

**Tremonton Fire Department** 

102 South Tremont Street Tremonton UT 84337

Phone:(435) 257-2647

First Aid, CPR and home fire safety classes taught upon request.

**USU Brigham City Campus** 

265 West 1100 South Brigham City UT 84302 Phone: (435) 919-1200 brighamcity.usu.edu

Lower cost classes for seniors. Visit website or office for class listings.

### **EDUCATION OPPORTUNITIES CONTINUED...**

### **Serving Cache County**

**AARP Safe Driving Course** 

240 North 100 East Logan UT 84321 Phone: (435) 753-2866

www.aarp.org

**Bridgerland Applied Technology College** 

1301 North 600 West Logan UT 84321 Phone: (435) 753-6780

www.batc.edu

**Cache County Continuing Education** 

2063 North1200 East North Logan UT 84341 Phone: (435) 563-9221

**Cache County Extension** 

179 North Main Street, Room 111 Logan UT 84321 Phone: (435) 752-6263 extension.usu.edu/cache

**English Language Center** 

1544 North 200 West Logan UT 84341 Phone:(435) 750-6534

www.elc-cv.org

**Lifetime Learning Center** 

55 North Main, Suite #101 Logan UT 84321 Phone:(435) 755-8621

**Logan Fire Department** 

76 East 200 North Logan UT 84321 Phone: (435) 716-9500

Logan Regional Hospital Education Ctr.

1400 North 500 East Logan UT 84341 Phone: (435) 716-5310 intermountainhealthcare.org

#### **EDUCATION OPPORTUNITIES CONTINUED...**

**USU Senior University** 

240 North 100 East Logan UT 84321

Weekly presentations by college instructors at USU covering a variety of topics. Transportation available.

**USU Family Life Center** 

493 North 700 East

Logan UT 84321

Housing and financial counseling available.

**Summer Citizen's Program** 

5005 Old Main Hill Logan UT 84322

Phone: (435) 797-2028

http://summercitizens.usu.edu

Phone: (435) 755-1720

Phone: (435) 797-7224 www.flchfc.usu.edu

### **Serving Rich County**

**BATC Rich County Campus** 

1200 Redwood Road Woodruff UT 84086

Phone: (435) 793-4500

www.batc.edu

### **ELDER ABUSE**

#### Serving Box Elder, Cache, & Rich

**Adult Protective Services** 

195 North 1950 West

Salt Lake City UT 84116

Phone: (801) 538-3567 Toll Free: (800)371-7897

www.hsdaas.gov

Long Term Care/Ombudsman

170 North Main

Logan UT 84321

Phone: (435) 752-7242 www.brag.utah.gov

Investigates complaints regarding residents of nursing homes and assisted living homes.

#### **ELDER ABUSE CONTINUED...**

### Serving Box Elder County

New Hope Crisis Center 435 East 700 South Brigham City UT 84302

Phone: (435) 723-5600 www.ycub.org

Assistance with counseling, protective orders and criminal justice advocate. 24 hour help available.

### **Serving Cache County**

CAPSA P.O. Box 3617 Logan UT 84323 Phone:(435) 753-2500 www.capsa.org

Crisis intervention, case management, shelter services and assistance with protective orders available. 24 hour hot line.

#### **EMERGENCY NUMBERS**

### Serving Box Elder, Cache, & Rich

**Adult Protective Services** 195 North 1950 West Salt Lake City UT 84116 Phone:(801) 538-3567 Toll Free: (800)371-7897 www.hsdaas.gov

**Poison Control** 585 Komas Drive, Suite 200 Salt Lake City UT 84108 Phone: (801) 587-0600 www.uuhc.utah.edu/poision

Hotline: 1-800-222-1222

Bear River Health Dept. Substance Abuse 800 West 992 South Brigham City UT 84302 Phone: (435) 695-2076 www.brhd.org

Crisis Number: (435)730-2793

#### **EMERGENCY NUMBERS CONTINUED...**

**Bear River Mental Health Crisis Hotline** 

663 West 950 South Brigham City UT 84302

Crisis Number: (435) 452-8612

Phone:(437) 452-8612 Toll Free: (801)620-9949

www.brmh.com

**Serving Cache County** 

**Bear River Health Dept. Substance Abuse** 

655 East 1300 North Logan UT 84321

Crisis Number: (435) 881-0358

Phone: (435) 792-6420

www.brhd.org

**Bear River Mental Health Crisis Hotline** 

90 East 200 North Logan UT 84321

Crisis Number: (435) 752-0750

Phone:(435) 752-0750 Toll Free: 1(800)620-9949

www.brmh.com

**Serving Rich County** 

**Bear River Mental Health Crisis Hotline** 

90 East 200 North Logan UT 84321

Crisis Number: (435) 752-0750

Phone:(435) 752-0750 Toll Free: 1 (800)620-9949

www.brmh.com

**EMERGENCY RESPONSE SYSTEMS** 

Serving Box Elder, Cache, & Rich

**Alertline LLC** 

620 South 9500 East Huntsville UT 84317 Phone:(801) 731-7302

#### **EMERGENCY RESPONSE SYSTEMS CONTINUED...**

**Alert Utah** 

P.O. Box 127

West Jordan UT 84088

Phone: (801) 955-4949

www.alertutah.com

**Golden Aide Communications** 

P.O. BOX 12396 Ogden UT 84412 Phone: (801) 430-0159

**Independent Alert** 

529 South 250 East Hyde Park, UT 84318 Phone: (435) 512-2309

**Life Alert** 

16027 Ventura Blvd Suite #400 Encino CA 91436

Phone: 1-800-338-9090

LifeFone

16 Yellowstone Ave White Plains NY 10607 Phone: (888) 687-0451 www.lifefone.com

Lifestation

350 Nepture Ave Sheepshead NY 11235

Phone: (800) 554-4600 www.lifestation.com

**Mytrex / Rescue Alert** 

10321 South Beckstead Lane South Jordan UT 84095

Phone: (801) 571-4121 Toll Free:1(800)688-9576 www.rescuealert.com

**Philips Lifeline** 

1175 East Sierra Way Salt Lake City UT 84106 Phone: (877) 801-6106 www.lifelinesys.com

**Pioneer Medical Services** 

P.O. Box 1147

American Fork UT 84003

Phone: (801) 756-8923 Toll Free: 1(800)553-9226 pioneermedicalservices.com

#### **EMPLOYMENT**

### **Serving Box Elder County**

**Department of Workforce Services** 

1050 South Medical Drive Brigham City UT 84302 Phone: 1(866)435-7414

jobs.utah.gov

**LDS Employment Office** 

571 West Forest Street Brigham City UT 84302 Phone: (435) 734-9461 www.providentliving.org

LINC

862 South Main Street, Suite #8 Brigham City UT 84302

Phone: (435) 723-3913

**SOS Staffing** 

84 South Main Street Brigham City UT 84302 Phone: (435) 723-2450 www.sosstaffing.com

**Vocational Rehabilitation** 

275 West 1100 South Brigham City UT 84302 Phone:(435) 734-9408 www.usor.utah.gov

**Workforce Staffing** 

112 North Main Street Brigham City UT 84302 Phone: (435) 723-7226

## **Serving Cache County**

**Cache Employment and Training Center** 

275 West 400 South Logan UT 84321 Phone:(435) 752-7952

www.uacs.org

**Department of Workforce Services** 

180 North 100 West Logan UT 84321 Phone: (866)435-7414 www.jobs.utah.gov

### **EMPLOYMENT CONTINUED...**

**Intermountain Staffing** 

130 South Main #205 Logan UT 84321 Phone: (435) 752-9797 intermountainstaffing.com

**Kelly Services** 

1300 North 200 East Suite 112 Logan UT 84341 Phone: (435) 752-8816 www.kellyservices.com

LDS Employment Logan

175 West 1400 North, Suite A Logan UT 84341 Phone: (435) 152-7911 www.providentliving.org

**SOS Staffing** 

155 E. 1400 North Logan UT 84341 Phone: (435) 750-0886 www.sosstaffing.com

**Vocational Rehabilitation** 

115 West Golf Course Road, Suite D Logan UT 84321 Phone:(435) 787-3480 www.usor.utah.gov

## **Serving Rich County**

**Department of Workforce Services** 

180 North 100 West Logan UT 84321 Phone: (866)435-7414 www.jobs.utah.gov

**Vocational Rehabilitation** 

115 West Golf Course Road, Suite D Logan UT 84321 Phone:(435) 787-3480 www.usor.utah.gov

#### FITNESS AND WELLNESS PROGRAMS

### **Serving Box Elder County**

Phone: (435) 257-7665 **Bear River Natatorium** 

1455 North Main Garland UT 84312

**Brigham City Senior Center** Phone: (435) 226-1450 www.brighamcity.ut.gov

24 North 300 West

Brigham City UT 84302

Phone:(435) 734-4578 **H2U Program at Brigham City Hospital** 

950 South Medical Drive www.h2u.com Brigham City UT 84302

**Physiques Finest** Phone: (435) 723-9898 770 South 200 East

**Serving Cache County** 

Brigham City UT 84302

**Aqua Worx Physical Therapy and Fitness** Phone: (435) 716-8535

www.sunshineterrace.com

209 West 300 North Logan UT 84321

**Cache County Senior Citizen's Center** Phone: (435) 755-1720 www.cachecounty.org

240 North 100 East Logan UT 84321

**Hyrum Senior Citizen's Center** Phone: (435) 245-3570 www.hyrumcity.com 675 East Main Street

Hyrum UT 84319

**Logan Recreation Center** Phone: (435) 716-9250

195 South 100 West www.loganutah.org Logan UT 84321

#### FITNESS AND WELLNESS PROGRAMS CONTINUED...

**Planet Fitness** 

640 South Riverwoods Parkway

Logan UT 84321

Phone: (435) 753-7501 www.planetfitness.com

**Sports Academy** 

1655 North 200 East

Logan UT 84341

Phone: (435) 753-7500 www.sportsacademy.com

T'ai Chi Chuan Classes

Whittier Center, 290 North 400 E.

Logan UT 84321

Phone:(435) 563-8272 www.whittiercenter.org

#### **FOOD BANK**

### **Serving Box Elder County**

**Box Elder Community Food Pantry** 

272 North 200 West Brigham City UT 84302 Phone: (435) 723-1449

**Brigham Soup Kitchen** 

912 North Main Brigham City UT 84302 Phone: (435) 723-6792

Phone: (435) 257-9530

Free dinner every Thursday evening 5:00-7:00pm.

**Tremonton Community Pantry** 

180 South Tremont Street Tremonton UT 84337

Mondays and Tuesdays 3:00 pm - 6:00 pm.

#### FOOD BANK CONTINUED...

### **Serving Cache County**

**Cache County Community Food Pantry** 

359 South Main Logan UT 84321 Phone: (435) 753-7140

Monday- Thursday 8:00 a.m. – 3:30 p.m., Friday 8:00 a.m. – 12:00 noon.

## **Serving Rich County**

**Rich County Senior Citizen's Center** 

20 North Main Street PO Box 125 Randolph UT 84064 Phone: (435) 793-2122

#### **GROCERY DELIVERY SERVICE**

### **Serving Box Elder County**

**Brigham City Senior Center** 

24 North 300 West Brigham City UT 84302 Phone: (435) 226-1450 www.brighamcity.ut.gov

### **Serving Cache County**

**Lee's Market Place** 

555 East 1400 North Logan UT 84341 Phone:(435) 755-5100 www.leesmarketplace.com

**Lee's Market Place** 

850 South Main Street Smithfield UT 84335 Phone:(435) 563-6251 www.leesmarketplace.com

#### **HEALTH CARE ASSOCIATIONS**

### Serving Box Elder, Cache, & Rich

**Alzheimer's Association Utah Chapter** 

855 East 4800 South, Suite 100

Salt Lake City UT 84107

Phone:(801) 265-1944 Toll Free: 1(800)272-3900

www.alz.org

**American Cancer Society** 

941 East 3300 South

Salt Lake City UT 84106

Phone:(801) 483-1500

Toll Free: 1(800)234-0533

www.cancer.org

**American Diabetes Association** 

182 South 600 East, Suite 100

Salt Lake City UT 84132

Phone:(801) 363-3024

www.diabetes.org

**American Heart Association** 

465 South 400 East, Suite 110

Salt Lake City UT 84111

Phone:(801) 484-3838 www.americanheart.org

**American Lung Association of Utah** 

1930 South 1100 East

Salt Lake City UT 84106

Phone:(801) 484-4456 Toll Free: 1(800)586-4872

www.lungutah.org

**Arthritis Foundation** 

448 East 400 South Suite 103

Salt Lake City UT 84111

Phone:(801) 536-0990

Toll Free: 1(800)444-4993

www.arthritis.org

Northern Utah Alzheimer's Association

170 North Main Logan UT 84321 Phone: (435) 752-7242 www.brag.utah.gov

#### **HEALTH DEPARTMENTS**

### Serving Box Elder County

**Bear River Health Department** 

817 West 950 South Brigham City UT 84302 Phone: (435) 734-0845

www.brhd.org

#### **HEALTH DEPARTMENTS CONTINUED...**

### **Serving Cache County**

**Bear River Health Department** 

655 East 1300 North Logan UT 84341 Phone: (435) 792-6500

www.brhd.org

## **Serving Rich County**

Garden City

115 South Bear Lake Blvd. Garden City UT 84028 Phone: (435) 946-3553

www.brhd.org

**Rich County Health Department** 

275 North Main Randolph UT 84064 Phone: (435)793-2445

www.brhd.org

## **HOME CARE: NON - MEDICAL**

#### Serving Box Elder, Cache, & Rich

Ali's Angels

740 South 400 West Brigham City UT 84302 Phone: (435) 734-2472

**Comfort Keepers** 

2780 Madison Ave. Ogden UT 84403 Phone: (435) 723-8333 www.comfortkeepers.com

Right at Home

955 East Chambers St. Suite 210 South Ogden UT 84403

Phone: (801)479-7026

**Senior Care** 

74 West 100 North Logan, UT 84321 Phone: (435) 232-0051 Toll Free: 888-571-6771 http://trustseniorcare.com/

#### **HOME CARE: NON – MEDICAL CONTINUED...**

Sunshine Cares 209 West 300 North Logan UT 84321 Phone:(435) 716-8541 www.sunshineterrace.com

## **Serving Cache County**

Dignified Living CV, LLC

Phone: (435)770-6563 www.dlhomecare.com

#### HOME HEALTH CARE AND HOSPICE

### Serving Box Elder, Cache, & Rich

**Abundant Life Home Health & Hospice** 710 40<sup>th</sup> Street South Ogden, UT 84403

Phone:(801) 479-4732 abundantlifehhh.com

Access Home Care and Hospice 74 West 100 North Logan UT 84321 Phone:(435) 755-6599 accesshomecareandhospice.com

Bear Lake Hospital Home Health

164 South 5th Street Montpelier ID 83254 Phone:(208) 847-4454

Caregiver Support Network 1047 S. 100 W. Suite #170 Phone: (435) 915-3424 Toll Free: (866) 547-0060

**Community Nursing Services** 

60 South Main #110 Brigham City UT 84302 Phone:(435) 723-6577 Toll Free: (800)501-0014 www.cnsvna.org

Community Nursing Services

221 Spring Creek Parkway, Suite G Providence UT 84332 Phone: (435) 752-3355 Toll Free:(800)501-0014 www.cnsvna.org

www.onovna.on

#### HOME HEALTH CARE AND HOSPICE CONTINUED...

**Encompass Home Care & Hospice** 

95 North 100 East Brigham City UT 84302 Phone: (435) 734-1300 Toll Free: (866) 272-3388 www.alpinehomecare.com

**Encompass Home Care & Hospice** 

277 North Spring Creek Parkway

Providence UT 84332

Phone: (435) 753-7001 www.alpinehomecare.com

**Harmony Home Health and Hospice** 

1424 South Legend Hills Drive, 110

Clearfield UT 84015

Phone:(801) 776-9386 harmonyhomehealth.com

**Hospice for Utah** 

165 East 1400 North, Suite B

Logan UT 84341

Phone: (435) 755-6112 www.hospice4utah.com

**Hospice Care of Northern Utah** 

2721 North Hwy 89, Suite 200 Pleasant View UT 84404

Phone: (801) 689-3049

**IHC Home Care & Hospice** 

1400 North 550 East, Suite G

Logan UT 84341

Phone:(435) 716-5477 Toll Free: 1(800)222-6358

**IHC Home Care & Hospice** 

440 West 600 North Tremonton UT 84337 Phone:(435) 257-4383 Toll Free: 1(800)222-6358

**Integrity Home Health & Hospice** 

1000 South Medical Drive Brigham City UT 84302 Phone: (435) 723-9000 www.integrityhomecare.org

Life Path Hospice and Family Care

5801 South Fashion Blvd., Suite 200

Salt Lake City UT 84107

Phone: (801) 293-0444 www.lifepathhomecare.com

#### HOME HEALTH CARE AND HOSPICE CONTINUED...

**Love Healthcare** 

345 North Main Street, Suite B Brigham City UT 84302

Phone: (435) 723-4404

**Primrose Home Care & Hospice** 

286 North Gateway Dr., Suite 101

Providence UT 84332

Phone: (435) 787-1369 www.primrosecare.com

**Rocky Mountain Home Care & Hospice** 

95 West Golf Course Road

Logan UT 84321

Phone:(435) 753-8220 Toll Free:1(800)574-7666 In Logan:1(800) 845-5406

**Sunshine Terrace Home Health** 

209 West 300 North Logan UT 84321 Phone: (435) 716-8541 www.sunshineterrace.com

#### **HOME REPAIR**

### Serving Box Elder, Cache, & Rich

**Bear River Association of Governments** 

170 North Main Logan UT 84321 Phone:(435) 752-7242 Toll Free:1(877)772-7242 www.brag.utah.gov

Help with emergency home repairs for moderate to low-income citizens. Grants and low interest loans available.

**USDA Rural Development** 

1860 North 100 East North Logan UT 84341 Phone:(435) 753-5480 www.rurdev.usda.gov

Grants available for low income families living in rural areas.

#### **HOSPITALS**

## Serving Box Elder, Cache, & Rich

**Bear Lake Memorial Hospital** 

164 South 5th Street Montpelier ID 83254 Phone:(208) 847-1630 Toll Free:1(877)947-1630 www.blmhospital.com

**Bear River Valley Hospital** 

905 North 1000 West Tremonton UT 84337 Phone: (435) 207-4500 intermountainhealthcare.org

**Brigham City Community Hospital** 

950 South 500 West Brigham City UT 84302 Phone: (435) 734-9471 brighamcityhospital.com

**Cache Valley Specialty Hospital** 

2380 North 400 East North Logan UT 84341 Phone:(435) 713-9700 www.cvsh.com

**Evanston Regional Hospital** 

190 Arrowhead Drive Evanston WY 82930

Wyoming callers only (800) 244-3537

Phone: (307) 789-3636 evanstonregionalhospital.com

**Logan Regional Hospital** 

1400 North 500 East Logan UT 84341 Phone: (435) 716-1000 intermountainhealthcare.org

#### **HOUSING**

### Serving Box Elder, Cache, & Rich

**Bear River Association of Governments** 

170 North Main Logan UT 84321 Phone:(435) 752-7242 Toll Free: 1(877)772-7242 www.brag.utah.gov

Housing Assist - low-income individuals and families. First time home buyer program available.

#### HOUSING CONTINUED...

**Neighborhood Non-Profit Housing** 

195 Golf Course Road Logan UT 84321 Phone: (435) 753-1112

www.nnhc.net

**Serving Box Elder County** 

**Apple Tree Apartments** 

691 South 600 East Suite A102 Brigham City UT 84302 Phone: (435) 734-2632

**Bear River Valley Apartments** 

767 West 600 South Tremonton UT 84337 Phone: (435) 257-0346

Income based housing. Other facilities are available. Please call for information.

**Brigham City Senior Housing** 

367 North Main Brigham City UT 84302 Phone: (435)723-1003 utahnonprofithousing.org

Subsidized housing for elderly and disabled individuals.

**Brittney Green Apartments** 

460 West Westland Drive Brigham City UT 84302

Income based housing; tax credit available.

Phone: (435) 734-1838

Foothill Manor

650 North Main P.O. BOX 399 Brigham City UT 84302

Phone:(435) 734-2535

Subsidized housing for seniors disabled individuals.

**Mountain View Apartments** 

679 South 200 East Brigham City UT 84302 Phone: (435) 723-2075

#### HOUSING CONTINUED...

**Scenic View Estates** 

304 East 800 South Brigham City UT 84302 Phone: (435) 734-1085

Subsidized housing for seniors 55 and older.

St. Mark's Terrace

50 North 500 West Brigham City, UT 84302 Phone:(435) 734-2169

Subsidized housing for elderly and disabled individuals.

**Tremonton Village Apartments** 

730 West 960 South Tremonton UT 84337 Phone: (435) 257-0434

Income based housing.

**Woodlands Sr. Apartments** 

441 East 900 South Brigham City, UT 84302 Phone: (435) 723-2200

Subsidized housing for elderly and disabled individuals

### **Serving Cache County**

**Carl Inoway Housing** 

690 South Riverwalk Parkway Logan UT 84321 Phone: (435) 713-4945

Subsidized housing for elderly and disabled individuals.

**Greenbriar Apartments** 

210 South 300 East Smithfield UT 84335 Phone: (435) 563-6830

Subsidized housing for elderly and disabled individuals.

#### HOUSING CONTINUED...

**Habitat for Humanity, Cache Valley** 

P.O. Box 4084 Logan UT 84323 Phone: (435) 752-8419

www.habitat.org

**Pioneer Valley Lodge Retirement Community** 

2351 North 400 East North Logan UT 84341 Phone: (435) 792-0353 www.holidaytouch.com

Senior retirement community.

**Providence Place** 

234 North 300 West Providence UT 84332 Phone: (435) 753-3226

Subsidized housing for physically disabled individuals.

**River Park** Phone:(435) 753-5700

784 South River Walk Parkway Logan UT 84321

Subsidized Housing for 55 and older.

Spring Hollow Apartments

1360 North 200 East Logan UT 84341

ogan UT 84341

Subsidized housing for elderly and disabled individuals.

**Williamsburg Retirement Community** 

132 West 300 North Logan UT 84321 Phone: (435) 753-5502 williamsburglogan.com

Phone: (435) 755-6717

Senior retirement community.

#### INFORMATION AND REFERRAL

### Serving Box Elder, Cache, & Rich

**2-1-1** Phone:Dial 2-1-1

www.211utah.org

Access Utah
Phone:(800) 333-8824
usus 300 West, Suite 100
www.accessut.org

Salt Lake City UT 84101

Provides statewide information and referrals regarding services for people with disabilities.

Alzheimer's Association Utah Chapter Phone:(801) 265-1944

855 East 4800 South, Suite 100 Toll Free:1(800)272-3900 Salt Lake City UT 84107 Logan: (877) 772-7242

www.alz.org

**Bear River Association of Governments** Phone:(435) 752-7242

170 North Main www.brag.utah.gov

Logan UT 84321

Elder Care Locator Phone:(800) 677-1116

www.eldercare.gov

Nationwide directory assistance service designed to help individuals locate local support resources for seniors.

Options for Independence Phone:(435) 753-5353

106 East 1120 North www.optionsind.org Logan UT 84341

**Options for Independence**Phone: (435) 723-2171
1080 North Main, Suite 105A
www.optionsind.org

Brigham City UT 84302 www.optionsing.org

#### **LEGAL SERVICES**

### Serving Box Elder, Cache, & Rich

**Disability Law Center** 

205 North 400 West Salt Lake City UT 84103 Phone: (800) 662-9080 www.disabilitylawcenter.org

Office of Public Guardian

120 North 200 West, Room 329

Salt Lake City UT 84103

Phone:(801) 538-8255 www.opg.utah.gov

**Pro Se Legal Clinic** 

1st District Court 135 North 100 West

Logan UT 84321

Phone: (435) 750-1300 www.utcourts.gov

**Utah Attorney General** 

350 North State Street, Suite 230

Salt Lake City UT 84114

Phone:(801) 366-0260 Toll Free: 1(800)244-4636 attorneygeneral.utah.gov

**Utah Court's Internet Resources** 

utcourts.gov/howto/seniors

**Utah Division of Consumer Protection** 

160 East 300 South

Salt Lake City UT 84114

Phone:(801) 530-6601 Toll Free: 1(800)721-7233

www.dcp.utah.gov

**Utah Legal Services** 

893 24th Street, #300

Ogden UT 84401

Phone:(800) 662-1563

www.utahlegalservices.org

**Utah Legal Services** 

205 North 400 West

Salt Lake City UT 84103

Phone:(801) 328-8891 Toll Free:1(800)662-2538 www.utahlegalservices.org

**Utah Veterans Legal Clinic** 

The George E Wahlen VA Medical Center, Bldg. 8, Multipurpose Center Salt Lake City UT 84103 Phone:

Veterans talk to an attorney at no cost. Second Thurs of month, 5:30 to 7:30 pm

#### **LIBRARIES**

### Serving Box Elder, Cache, & Rich

**Utah State Library for the Blind & Disabled** 

250 North 1950 West, Suite A Salt Lake City UT 84116 Phone:(801) 715-6789 Toll Free:1(800)453-4293 http://blindlibrary.utah.gov

### **Serving Box Elder County**

**Box Elder Book Mobile** 

80 West 50 South Willard UT 84340

Phone:(435) 723-2261

**Brigham City Library** 

26 East Forest Street Brigham City UT 84302 Phone:(435) 723-5850 www.bcpl.lib.ut.us

**Tremonton City Library** 

210 North Tremont Street Tremonton UT 84337 Phone: (435) 257-2690 www.tremontoncity.com

**Willard City Library** 

80 West 50 South Willard UT 84340

Phone: (435) 723-2261 www.boxeldercounty.org

## **Serving Cache County**

**Cache County Library & Bookmobile** 

15 North Main Providence UT 84332 Phone: (435) 752-7881 bookmobiles.utah.gov/cache

**Hyrum City Library** 

50 West Main Street Hyrum UT 84319 Phone:(435) 245-6411 www.hyrumlibrary.com

**Lewiston Public Library** 

33 South Main Lewiston UT 84320 Phone:(435) 258-5515 http://lewiston-ut.org

#### LIBRARIES CONTINUED...

**Logan Library** 255 North Main

Logan UT 84321

Phone:(435) 716-9123 http://library.loganutah.org

**Newton Town Library** 

51 South Center PO Box 146

Newton UT 84327

Phone:(435) 563-9283

http://home.comcast.net/~newtonlib/

**North Logan City Library** 

475 East 2500 North

North Logan UT 84341

Phone: (435) 755-7169

www.northloganlibrary.org

**Richmond Public Library** 

38 West Main

Richmond UT 84333

Phone:(435) 258-5525

**Smithfield Public Library** 

25 North Main

Smithfield UT 84335

Phone: (435) 563-3555

**Serving Rich County** 

**Garden City Library** 

145 West Logan Road Garden City UT 84028 Phone: (435) 946-2950

Rich County Library and Bookmobile

20 North Main Street Randolph UT 84064 Phone:(435) 793-2122

#### **MEDICAID**

## Serving Box Elder, Cache, & Rich

**Utah Department of Health** 

288 North 1460 West Cannon Bldg.

Salt Lake City UT 84114

Phone: (801) 538-6497 health.utah.gov/medicaid

### **Serving Box Elder County**

**Department of Workforce Services** 

1050 South Medical Drive Brigham City UT 84302 Phone: (866)435-7414 www.jobs.utah.gov

## **Serving Cache County**

**Department of Workforce Services** 

180 North 100 West Logan UT 84321 Phone: (866)435-7414 www.jobs.utah.gov

#### MEDICAL EQUIPMENT

#### Serving Box Elder, Cache, & Rich

Advantage Medical Supply Inc.

1017 South Medical Drive Brigham City UT 84302 Toll Free: 1(800)490-0488

Phone: (435) 734-0488

AgraAbility

2300 Old Main Hill

Logan UT 84322

Phone: (435) 797-0350 www.agrabilityofutah.org

Promoting success in agriculture for farmers and ranchers with disabilities and their families.

Cache Valley Oxygen & Home Care

1395 North 400 East, Suite A

Logan UT 84341

Phone: (435) 752-2227

www.o2o2.com

## MEDICAL EQUIPMENT CONTINUED...

**Center for Persons with Disabilities** 

6800 Old Main Hill Logan UT 84322 Phone:(435) 797-1981 www.cpd.usu.edu

Low interest loans and grants available for assistive medical equipment.

**CReATE** Phone:(801) 887-9398

1595 West 500 South Salt Lake City UT 84104 www.uatpat.org/CReATE/

Devices used to enhance independence and improve quality of life.

Home Care Medical Equipment Phone:(208) 847-3300

386 Washington Street Montpelier ID 83254

**Intermountain Home Care Medical Equipment** Phone:(435) 716-5396

1300 N. 200 E. Suite 106 www.ihc.net

Logan UT 84341

**Lincare**255 North 950 West
Phone: (435) 752-4336
Toll Free: (866)752-0202

Logan UT 84321 www.lincare.com

Modern Drug Phone:(208) 847-0536

762 Washington Street Montpelier ID 83254

Options for IndependencePhone: (435) 723-21711080 North Main, Suite 105AToll Free: (800)753-2344Brigham City UT 84302www.optionsind.org

Options for IndependencePhone: (435) 753-5353106 East 1120 North.Toll Free: (800)753-2344Logan UT 84341www.optionsind.org

# **MEDICAL EQUIPMENT CONTINUED...**

**Petersen's Medical Supply** 

325 East University Parkway

Orem UT 84058

Phone: (801) 374-8101 Toll Free: 1(800)888-5137 www.petersenmedical.com

**Praxair Healthcare Services** Phone: (435) 752-2100

165 East 1400 North, Suite D

Logan UT 84341

Toll Free: 1(800)239-6491

**Relay Utah** Phone: (801) 530-6769

160 East 300 South, 4th Floor Operator 7-1-1 Salt Lake City UT 84111 www.relayutah.gov

Telephone service and equipment for the hearing impaired.

**Rock Springs IV Center** Phone:(307) 382-3544

400 2nd Street, Suite A1 Rock Springs WY 82901

Stander's Incorporated Phone: (435) 755-0453

695 W. 1700 S. Bldg.4 Ste. D www.stander.com

Logan UT 84321

**Medway Medical** Phone: (435) 755-9600

1115 North 200 East, #230

Logan UT 84341

**Utah Assistive Technology Foundation** Phone: (435) 797-3824

6855 Old Main Hill Toll Free: 1(800)524-5152

www.uatpat.org Logan UT 84322 Builds assistive devices on a personal basis. Low cost loans available.

**Utah Center for Assistive Technology** 

Phone:(801) 887-9500 www.usor.utah.gov/ucat 1595 West 500 South

Salt Lake City UT 84104

Information and technical services available to help people with disabilities acquire and use assistive technology.

#### **MEDICARE**

## Serving Box Elder, Cache, & Rich

**Health Insurance Information Program** 

170 North Main Logan UT 84321 Phone:(435) 752-7242 Toll Free: 1(877)772-7242

www.brag.utah.gov

Centers for Medicare and

**Medicaid Services** 

7500 Security Blvd. Baltimore MD 21244

Phone: (800) 633-4227 www.medicare.gov

**Senior Medicare Patrol (SMP)** 

195 North 1950 West

Salt Lake City UT 84116

Phone: (877) 824-6598 www.smpresource.org

Assists beneficiaries in resolving Medicare and Medicaid abuse or concerns.

**Social Security** 

2nd Floor Federal Office Bldg. 324

Ogden UT 84401

Phone: 877-378-9081 Toll Free: (800)772-1213 www.socialsecurity.gov

Social Security Web cam is available every Thursday at the WFS building from 10:00 am until 2:00 pm.

**TriWest Healthcare Alliance** 

7321 11th Street, Bldg. 570; 2nd floor

Hill AFB UT 84056

Phone:(801) 774-9708

Toll Free: 1(888)874-9378

www.triwest.com

**Serving Box Elder County** 

**Bear River Valley Senior Citizen's Center** 

510 West 1000 North Tremonton UT 84337 Phone: (435) 257-9455

**Brigham City Senior Center** 

24 North 300 West

Brigham City UT 84302

Phone: (435) 226-1450 Web:www.brighamcity.ut.gov

#### MEDICARE CONTINUED...

## Serving Cache County

Cache County Senior Citizen's Center 240 North 100 East Logan UT 84321 Phone: (435) 755-1720 Web: www.cachecounty.org

#### NURSING HOMES AND REHABILITATIVE CARE

# **Serving Box Elder County**

Alpine Transitional Rehabilitation Center 997 South 800 West Brigham City UT 84302 Phone:(435) 723-7629 www.alpinetrc.com

Bear River Valley Care Center 460 West 600 North Tremonton UT 84337 Phone: (435) 257-4400 missionhealthservices.org

Pioneer Care Center 815 South 200 West Brigham City UT 84302 Phone:(435) 723-5289 www.avalonhci.com

Willow Glen Nursing & Rehabilitation 775 North 200 East Brigham City UT 84302 Phone:(435) 723-7777 www.avalonhci.com

## **Serving Cache County**

Logan Nursing & Rehabilitation Center 1480 North 400 East Logan UT 84341 Phone: (435) 750-5501

Sunshine Terrace Nursing & Rehabilitation Center 248 W. 300 N. Logan UT 84321 Phone:(435) 752-0411 Toll Free:1(866)752-0411 www.sunshineterrace.com

#### NURSING HOMES AND REHABILITATIVE CARE CONTINUED

# Transitional Care Unit at Logan Regional Hospital

500 East 1400 North Logan UT 84341 Phone: (435) 716-5444 www.ihcintermountain.org

## **Serving Rich County**

**Bear Lake Memorial Nursing Home** 

164 South 5th Street Montpelier ID 83254 Phone:(208) 847-1630

**Rocky Mountain Care** 

475 Yellow Creek Road Evanston WY 82930 Phone:(307) 789-0726 www.rmcare.com

#### PARKS AND RECREATION

## **Serving Box Elder County**

**Bear River Valley Senior Citizen's Center** 

510 West 1000 North Tremonton UT 84337 Phone: (435) 257-9455

**Box Elder County Tourism** 

1 South Main Brigham City UT 84302 Phone: (435) 734-3315 boxeldercounty.org/tourism

Toll free number for Tremonton residents: 257-5810

**Brigham City Parks & Recreation** 

20 North Main Brigham City UT 84302 Phone:(435) 734-2013 www.brighamcity.ut.gov

**Brigham City Senior Center** 

24 North 300 West Brigham City UT 84302 Phone: (435) 226-1450 www.brighamcity.ut.gov

## PARKS AND RECREATION CONTINUED...

**Options for Independence** 

862 South Main Brigham City UT 84302 Phone:(435) 753-2171 www.optionsind.com

**Tremonton City Parks & Recreation** 

614 North 1000 West Tremonton UT 84337 Phone: (435) 257-9485 www.tremontoncity.com

**Serving Cache County** 

**Cache County Senior Citizen's Center** 

240 North 100 East Logan UT 84321 Phone: (435) 755-1720 www.cachecounty.org

**Cache Valley Visitors Bureau** 

199 North Main Street Logan UT 84321 Phone:(435) 755-1890 Toll Free: 1(800)882-4433 www.tourchachevalley.com

**Common Ground Outdoor Adventures** 

335 North 100 East Logan UT 84321 Phone: (435) 713-0288 www.cgadventures.org

Provides assistance in enjoying the outdoors for disabled individuals. Will provide transportation and can provide assistive devices.

**Logan Recreation Center** 

195 South 100 West Logan UT 84321 Phone: (435) 716-9250 www.loganutah.org/

**Options for Independence** 

106 East 1120 North Logan UT 84341 Phone:(435) 753-5353 www.optionsind.org

**USU Campus Recreation** 

7005 Old Main Hill Logan UT 84322 Phone: (435) 797-1502 www.usu.edu/camprec

#### PARKS AND RECREATION CONTINUED...

## **Serving Rich County**

**Bear Lake Visitors Bureau** 

P.O. Box 471; 69 N. Paradise

Garden City UT 84028

Phone:(435) 946-2197 Toll Free: 1(800)448-2327.

www.bearlake.org

Tourism, economic development, real estate information and more.

**Rich County Senior Citizen's Center** 

20 North Main Street Randolph UT 84064 Phone: (435) 793-2122

Phone: (435) 723-5211

Phone: (435) 257-5249

#### PRESCRIPTION DELIVERY SERVICES

### **Serving Box Elder County**

**Brigham City Community Pharmacy** 

1017 South Medical Drive Brigham City UT 84302

Delivery in Brigham City area only.

**Tremonton Community Pharmacy** 

44 East Main St. Tremonton UT 84337

Delivery to Tremonton and Garland city limits only.

Serving Cache County

Cache Valley Pharmacy 2380 North 400 East, Suite E

Logan UT 84341

Phone: (435) 787-1212

**Larry's Pharmacy** 

502 South Main Smithfield UT 84335 Phone: (435) 563-6262

www.larryspharmacies.com

#### PRESCRIPTION DELIVERY SERVICES CONTINUED...

Lee's Marketplace Pharmacy

555 East 1400 North Logan UT 84341 Phone: (435) 755-5100 www.leesmarketplace.com

Lee's Marketplace Pharmacy

850 South Main Smithfield UT 84335 Phone:(435) 563-6201 www.leesmarketplace.com

**Reed's Pharmacy** 

790 East Main Hyrum UT 84319 Phone:(435) 245-6422

#### **RESPITE CARE**

## Serving Box Elder, Cache, & Rich

**Alzheimer's Association Utah Chapter** 

855 East 4800 South, Suite 100

Salt Lake City UT 84107

Phone: (801)265-1944 Toll Free: (800)272-3900

www.alz.org

**Bear River Agency on Aging** 

170 North Main Logan UT 84321 Phone: (435) 752-7242 Toll Free (877) 772-7242 www.brag.utah.gov

Call for information on local caregiver and Alzheimer support groups.

**Division of Services for People with** 

**Disabilities** 

115 Golf Course Road Suite C Logan UT 84321 Phone:(435) 787-3450

www.utah.gov

Provides information and support for respite care services.

#### RESPITE CARE CONTINUED...

**Serving Box Elder County** 

**Country Lane Acquisition Bldg. #1** 

971 South 800 West Brigham City UT 84302 Phone: (435) 723-0683

**Country Lane Acquisition Bldg. #2** 

985 South 800 West Brigham City UT 84302 Phone: (435) 723-1394

**LINC** Phone:(435) 723-3913

862 South Main Street, Suite #8 Brigham City UT 84302

Our House Assisted Living Phone: (435) 257-5658

429 North 400 West Tremonton UT 84337

**Pioneer Care Center**815 South 200 West
Phone:(435) 723-5289
www.avalonhci.com

**Willow Glen Nursing and Rehabilitation** 

775 North 200 East Brigham City UT 84302

Brigham City UT 84302

Phone:(435) 723-7777 www.avalonhci.com

**Serving Cache County** 

**Bear River Adult Skill Center**6800 Old Main Hill
Phone: (435) 797-1981
www.utahparentcenter.org

Logan UT 84322

Beehive Homes Phone: (435) 787-1484

352 South 500 West Logan UT 84321

#### RESPITE CARE CONTINUED...

**Cache Valley Assisted Living** 

233 North Main

Providence UT 84332

Phone: (435) 792-4770 www.cachevalleyalf.com

**Legacy House of Logan** 

330 East 1400 North Logan UT 84341 Phone:(435) 755-2877

**Logan Nursing & Rehabilitation** 

1480 North 400 East Logan UT 84341 Phone: (435)750-5501

**Sunrise Park Senior Apartments** 

53 S. Main St.

Lewiston, UT 84320

Phone: (435) 258-2102 www.sunrisepark.org

**Sunshine Terrace Foundation** 

209 West 300 North Logan UT 84321 Phone:(435) 716-8541 www.sunshineterrace.com

**Williamsburg Retirement Community** 

132 West 300 North Logan UT 84321 Phone: (435) 753-5502 williamsburglogan.com

## **SENIOR CENTERS**

# **Serving Box Elder County**

**Bear River Valley Senior Citizen's Center** 

510 West 1000 North Tremonton UT 84337 Phone:(435) 257-9455 www.tremontoncity.com

**Brigham City Senior Center** 

24 North 300 West Brigham City UT 84302 Phone: (435) 226-1450 www.brighamcity.ut.gov

#### SENIOR CENTERS CONTINUED...

**Curlew Valley Community Center** 

Stone School 10808 South 23000 Stone ID 83252 Serving Oneida Co., Id. and Box Elder Co., Utah. Phone: (208) 698-3585

**Serving Cache County** 

**Cache County Senior Citizen's Center** 

240 North 100 East Logan UT 84321 Phone: (435) 755-1720 www.cachecounty.org

**Hyrum Senior Citizen's Center** 

675 East Main Street Hyrum UT 84319 Phone: (435) 245-3570 www.hyrumcity.org

**Senior Support Center** 

55 South Main St. Lewiston, UT 84320 Mondays, Wednesdays and Fridays Phone: (435)258-5102

**Smithfield Senior Citizen's Center** 

375 Canyon Road Smithfield UT 84335 Open on Wednesdays only. Phone: (435) 752-1310

Serving Rich County

**Rich County Senior Citizen's Center** 

20 North Main Street PO Box 125 Randolph UT 84064 M,W,F from 7:00 am to 1:00 p.m. Phone: (435) 793-2122

**SOCIAL SECURITY** 

Serving Box Elder, Cache, & Rich

**Ogden Social Security Office** 

324 25<sup>th</sup> Street Ogden UT 84401 Phone:1-877-378-9081 Toll Free:1(800)772-1213

www.ssa.gov

#### SOCIAL SECURITY CONTINUED...

**Social Security** 180 North 100 West Logan UT 84321

Phone: (801) 625-5641 Toll Free: 1(800)772-1213

Phone:(801) 265-1944

Phone: (435)723-2171

www.optionsind.org

Toll Free: 1(800)272-3900

www.ssa.gov

Web cam is available at DWS, every Thursday from 10:00 am until 2:00 pm.

## **SUPPORT GROUPS**

## Serving Box Elder, Cache, & Rich

**Alzheimer's Association Utah Chapter** 

855 East 4800 South, Suite 100 Salt Lake City UT 84107

www.alz.org Information on local Alzheimer support groups throughout Utah.

**Bear River Agency on Aging** 

170 North Main Logan UT 84321

Phone: (435) 752-7242 www.brag.utah.gov

**Options for Independence** 

Logan UT 84341

Phone: (435) 753-5353 106 E. 1120 North www.optionsind.org

**Options for Independence** 1080 North Main, Suit 105A

Brigham City UT 84302

Soup 'n Stroke Phone: (435) 752-0411

209 West 300 North Logan, UT 84321

Support group for individuals who have had a stroke.

#### TAX ASSISTANCE

## Serving Box Elder, Cache, & Rich

**Utah State Tax Commission** Phone: (801) 297-2200

www.tax.ut.gov 210 North 1950 West

Salt Lake City UT 84134

VITA Phone: (435) 752-7242

170 North Main Logan UT 84321

Call 2-1-1 for appointment.

## **Serving Box Elder County**

**Bear River Valley Senior Citizen's Center** Phone: (435) 257-9455

510 West 1000 North Tremonton UT 84337

**Box Elder County Auditor's Office** Phone: (435) 734-3317

www.tax.utah.gov 1 South Main

Brigham City UT 84302

Applications for reduced property tax for persons 65 and older, veterans, and those with low-income.

**Brigham City Senior Center** 

Phone: (435) 226-1450 24 North 300 West www.brighamcity.ut.gov

Brigham City UT 84302

#### **Serving Cache County**

**Cache County Senior Citizen's Center** Phone: (435) 755-1720 240 North 100 East www.cachecounty.org

Logan UT 84321

**Cache County Treasurer Office** Phone: (435) 755-1500 179 North Main St. Suite 201 cachecounty.org/treasurer

Logan UT 84321

Applications for reduced property tax for persons 65 and older, veterans, and those with low-income.

#### TAX ASSISTANCE CONTINUED...

### **Serving Rich County**

**Rich County Treasury Office** 

20 South Main Randolph UT 84064 Phone: (435) 793-5155

Applications for reduced property tax for persons 65 and older, veterans, and those with low-income.

#### **THEATER**

### **Serving Box Elder County**

Heritage Theater 2505 North Highway 89

Perry UT 84302

Phone: (435) 723-8392 heritagetheatreutah.com

**Old Barn Community Theater** 

3605 Bigler Road Collinston UT 84306 Phone:(435) 458-2276 http://oldbarn.org/

## **Serving Cache County**

Caine Lyric Theater 28 West Center St. Logan UT 84321 Phone:(435) 752-1500 www.usu.edy/lyric

Ellen Eccles Theater 43 South Main Street Logan UT 84321 Phone:(435) 752-0026 www.centerforthearts.us

Utah Festival Opera

59 South 100 West Logan UT 84321 Phone: (435) 750-0300

www.ufoc.org

#### THEATRE CONTINUED...

### **Serving Rich County**

Pickleville Playhouse & Western Cookout

2049 S. Bear Lake Blvd. Garden City UT 84028 Phone: (435) 946-2918 picklevilleplayhouse.com

## **TRANSPORTATION**

### Serving Box Elder, Cache, & Rich

**Pick Me Up** 1185 S. 1680 W. Orem UT 84058 Phone:(888) 822-1048 www.pickmeupmed.com

Transport for medical appointments. Free for Medicaid clients, private pay also accepted.

## **Serving Box Elder County**

**Bear River Valley Senior Citizen's Center** 

510 West 1000 North Tremonton UT 84337 Phone: (435) 257-9455

**Curlew Valley Community Center** 

Stone School 10808 South 23000 Stone ID 83252 Phone: (208) 698-3585

Transportation available with 24 hours' notice to doctors or shopping. Serving Oneida Co., Id. and Box Elder Co., Utah.

Senior Transit Phone:(435) 226-1450

24 North 300 West Brigham City UT 84302

For disabled and senior adults outside of the UTA Lift route or those needing personal assistance.

#### TRANSPORTATION CONTINUED...

**UTA LIFT of Brigham City** 

Phone: (877) 882-7272 2393 Wall Avenue Toll Free:1(888)743-3882

www.rideuta.com Oaden UT 84403

Lift-type bus available after approved application. Need 24 hr. previous reservation. No weekends or holidays. Call or look on website for an application.

## **Serving Cache County**

**Cache County Senior Citizen's Center** 

240 North 100 East Logan UT 84321

**Cache Valley Limo Airport Shuttle** Phone: (435) 563-6400

www.loganshuttle.com

Phone: (435) 755-1720

Transportation to Salt Lake City airport and back.

**Cache Valley Transit District** Phone: (435) 752-2877

255 North Main www.cvtdbus.org/

Logan UT 84321

LTD Call-A-Ride Phone: (435) 753-2255

255 North Main www.cvtdbus.org/

Logan UT 84321

**Veteran's Hospital Transport** Phone: (435) 753-2458

240 North 100 East Logan UT 84321

## **Serving Rich County**

Lucille Call Phone: (435) 793-2575

Randolph UT 84064

Rich County Senior Citizen's Center Phone: (435) 793-2122

20 North Main Street PO Box 125 Web:

Randolph UT 84064

Transportation to Evanston, Randolph or Montpelier. Call for availability.

#### **UTILITIES**

## Serving Box Elder, Cache, & Rich

**Questar Gas Company** 

180 East 100 South PO Box 45360

Salt Lake City UT 84145

Phone:(801) 324-5111 Toll Free:1(800)323-5517.

www.questargas.com

Use (800) 767-1689 to report gas line breaks, leaks, or odors.

**Rocky Mountain Power** 

Phone:1(888)221-7070

www.pacificorp.com

Call 1-877-548-3768 for outages and emergencies.

**Serving Box Elder County** 

**Brigham City** 

20 North Main

Brigham City UT 84302

Phone: (435) 734-6600 www.brighamcity.utah.gov

**City of Tremonton** 

102 South Tremont Street

Tremonton UT 84337

Phone: (435) 257-9500 www.tremontoncity.com

**Serving Cache County** 

**Hyrum City** 

83 West Main

Hyrum UT 84319

Phone: (435) 245-6033 www.hyrumcity.com

**Logan City Utilities** 

255 North Main

Logan UT 84321

Phone:(435) 716-9200

www.loganutah.org

#### **UTILITY ASSISTANCE**

### Serving Box Elder, Cache, & Rich

**Bear River Association of Governments** 

**HEAT Program** 

170 North Main Logan UT 84321 Phone:(435) 752-7242 Toll Free: 1(877)772-7242

www.brag.utah.gov

Assistance with utility bills.

**Utah Telephone Assistance Program(UTAP)** 

324 South State Street, Suite 500 Salt Lake City UT 84111

Phone: (800)948-7540 www.housing.utah.gov

Provides partial discount on monthly local basic phone service and one-time hookup fees for low-income residents. Land lines only.

# **Serving Box Elder County**

**Bear River Association of Governments** 

**HEAT Program** 

2535 South Hwy 89 Perry UT 84302 Phone:(435) 723-1111

Toll Free: 1 (877) 772-7242

www.brag.utah.gov

Assistance with utility bills.

**Red Cross of Northern Utah** 

2955 Harrison Boulevard Suite 204

Ogden UT 84403

Phone:(801) 627-0000 www.redcrossutah.org

Serving Cache County

**Red Cross of Cache County** 

130 South Main Street, Suite 120

Logan UT 84321

Phone:(435) 752-1125 cachecounty.redcross.org

#### **VETERANS SERVICES**

#### Serving Box Elder, Cache, & Rich

George E Wahlen Ogden Veterans Home

1102 North 1200 West Ogden UT 84404 Phone: (801)334-4300 www.veterans.utah.gov

**TriWest Healthcare Alliance** 

7321 11th Street, Bldg. 570; 2nd floor Hill AFB UT 84056

Phone:(801) 774-9708 Toll Free: 1(888)874-9378 www.triwest.com

**Veterans Administration** 

550 Foothill Drive, Second Floor Salt Lake City UT 84113 Phone:(801) 524-5960 Toll Free:1(800)827-1000

www.va.gov

**Veterans Administration Ogden Clinic** 

982 Chambers Street, Medical Arts South Ogden UT 84403 Phone:(801) 479-4105 www.va.gov

Veterans Administration Pocatello, Id.

Clinic

444 Hospital Way, Suite 801 Pocatello ID 83201

Phone:(208) 232-6214

www.va.gov

**Veterans Administration Representative** 

**Scott Clark** 

180 North 100 West Logan UT 84321 Phone:(435) 792-0309 www.jobs.utah.gov

**Veterans Health Revenue Service Center** 

Phone:(877) 222-8387 www.va.gov/healtheligibility

**Serving Cache County** 

**Veterans Hospital Transport** 

240 North 100 East Logan UT 84321 Phone: (435) 753-2458

#### VISION RESOURCES

## Serving Box Elder, Cache, & Rich

**Utah State Library for the Blind & Disabled** 

250 North 1950 West, Suite A Salt Lake City UT 84116

Phone:1 (800)662-5540 http://blindlibrary.utah.gov

Provides books and magazines by mail on cassette tape, in large print, and in Braille. Radio reading services provides readings from local newspapers and other programming.

## **Serving Box Elder County**

**Utah Lions - Tremonton** 150 South Tremont Street

Tremonton UT 84337

Phone: (435) 257-5763 www.utahlions.org

Help with eye exams and glasses for low income individuals.

**Options for Independence** 

1080 North Main, Suit 105A

Brigham City UT 84302

Phone: (435)723-2171 www.optionsind.org

## **Serving Cache County**

Lion's Club International

2360 W. 6550 N. PO Box 72

Smithfield UT 84335

Phone: (435) 563-3933 www.utahlions.org

**Options for Independence** 

106 1120 North

Logan UT 84341

Phone: (435) 753-5353 Toll Free: 1(800)753-2344 www.optionsind.org

#### **VOLUNTEER SERVICES**

## Serving Box Elder, Cache, & Rich

**Bear River Senior Companion Program** 

170 North Main Logan UT 84321 Phone: (435) 713-1467 www.brag.utah.gov

Low income volunteers age 55 or older assist disabled and elderly clients in their homes and with transportation.

## **Serving Box Elder County**

**Bear River Valley Senior Citizen's Center** 

510 West 1000 North Tremonton UT 84337

**Box Elder County Literacy Program** 

27 East Forest Brigham City UT 84302 Phone: (435) 723-5850 bcpl.lib.ut.us/literacy.html

Phone: (435) 257-9455

**Brigham City Senior Center** 

24 North 300 West Brigham City UT 84302 Phone:(435) 226-1450 www.brighamcity.ut.gov

**Brigham City Volunteer Center** 

20 North Main Brigham City UT 84302 Phone: (435) 734-6609

## **Serving Cache County**

**Cache County Senior Citizen's Center** 

240 North 100 East Logan UT 84321 Phone:(435) 755-1720 www.cachecounty.org

**English Language Center** 

1544 North 200 West Logan UT 84341 Phone:(435) 750-6534 www.elc-cv.com

## **VOLUNTEER SERVICES CONTINUED...**

**Hyrum Senior Citizen's Center** 

675 East Main Street Hyrum UT 84319 Phone: (435) 245-3570

**Retired Volunteer Program (RSVP)** 

240 North 100 East Logan UT 84321 Phone: (435) 755-1720 www.cachecounty.org

A variety of opportunities for seniors 55 or older.

**USU Val R. Christensen Service Center** 

Utah State University Logan UT 84322 Phone:(435) 797-7378 www.usu.edu

**Serving Rich County** 

**Rich County Senior Center** 

20 North Main Street PO Box 125 Randolph UT 84064 Phone: (435) 793-2122

Retired Volunteer Program (RSVP)

240 North 100 East Logan UT 84321 Phone: (435) 755-1720 www.cachecounty.org

# **Useful Websites for Seniors**

- 1. www.brag.utah.gov Bear River Area Agency on Aging's official website.
- 2. <u>www.aarp.org</u> Provides information and links to a variety of information useful to older adults.
- 3. <u>www.alz.org</u> Provides information, education and resources for families or professional caregivers caring for persons with memory loss.
- 4. <u>www.benefitscheckup.org</u> Provides targeted information to individuals about a variety of benefits they might be eligible for.
- 5. <u>www.eldercare.gov</u> Nationwide directory assistance service designed to help individuals locate local support resources for seniors.
- 6. <u>www.medicare.gov</u> Answers questions about Medicare, compares health plan options, nursing homes and dialysis facilities, locates participating physicians and Medicare suppliers, and prints Medicare publications.
- 7. <u>www.ssa.gov</u> Provides information on retirement and disability benefits, Social Security publications, applications for benefits, and online statements.
- 8. <u>www.ucare.utah.gov</u> Links to a variety of caregiver resources, caregiving advice, and a care-planning tool.
- 9. <u>www.utah.gov</u> Links to social services, employment, licensing, taxes, recreation, highway information, and information on local news and special events in Utah.
- 10. <u>www.utah.gov/seniors/</u> Provides information for older adults such as health and nutrition, healthcare services, recreation, caregiver topics, and other general information items.
- 11. <u>www.va.gov</u> Provides information about benefits for veterans.
- 12. <u>www.veterans.utah.gov</u> Provides information on state and federal benefits for veterans.